A Short Course in Life Enhancement

VOLUME II

The joy of juggling

More Balls Than Most Ltd

More Balls Than Most Ltd. promises to show you how to make the seemingly impossible skill of juggling "just one of those things I do now and again".

Guaranteed to make you a legend in your own lunchtime, juggling is well known for its stress relieving qualities, physical stimulation and difficulty (not true).

Most people can juggle after just one hour.

Here's how.

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There are two types of juggling...

...The one we all do - with money, time, appointments etc (shall I buy the yacht on Thursday, the helicopter on Friday, the roller skates or the Bus Pass?) - and this one.

Recently many people have begun to learn this, the original art of juggling with balls and clubs.

At More Balls Than Most Ltd we have discovered something rather interesting. That is, one helps with the other.

If you think you are clumsy, uncoordinated or generally inept don't be put off, these pages contain a totally foolproof and (almost) guaranteed method for learning the three ball cascade.

In fact we've noticed that it's the people who think they'll never juggle who have the most fun with it.

What's more, having learnt to juggle, there's another pleasure to follow - teaching others. It's like offering people a wonderful gift that will last a lifetime.

Juggling is notable for it's combination of mental and physical activity. From the start, juggling never ceases to stimulate the mind and body. It relieves stress and promotes agility, physique, and plenty of laughter.

It taps into an innate and often forgotten quality, we call it Physical Intelligence.

This booklet is about enjoying juggling.

More Balls Than Most Ltd is about enjoying life.

What is it about juggling...

The first historical records of juggling can be traced back as far as the Egyptians more than 4000 years ago.

However the re-emergence of juggling as "a thing to do" is not solely based on eccentricity.

As science learns more about how the mind and body work together, we can understand better how certain mental and physical exercises can offer genuine benefits.

In juggling it tends to be the left side of the brain that sorts out how to juggle. It is treated by the brain as a logical process - as are most kinds of learning processes. However it is the right side of the brain that eventually takes over. It is only after a transference from left to right that we can juggle without thinking too hard.

Modern day living tends to be devoid of much right brain thinking which makes juggling an unusual mental exercise. A developed right brain is thought to contribute to awareness, mental agility and creativity

That's what they say. You could start by thinking of some creative uses for broken crockery. It may come in useful.

And here's something very odd. Many people have noticed that the real quantum leaps in their juggling ability have occurred in their sleep. This fascinating point fits in well with some new theories of modern psychology which now believe that the mind unscrambles the day's experience during dream sleep.

Juggling is not only good for the upper body muscles but also for the eyes. Recently doctors have prescribed it to strengthen the eye muscles which inevitably do a bit of a two ball cascade themselves.

Juggling is also prescribed by doctors for stress relief. It requires a certain kind of concentration which is thought to be highly therapeutic. Some say juggling has a calming quality found only in meditation.

The balls are clever too.

They are designed to go "Thud" to tell you when you've lost your concentration.

So listen out.

The
MORE BALLS THAN MOST
Juggling Method

Figure A

Figure B

Be gentle with yourself. Find that calm, collected person inside. Follow each stage, only move on when you've successfully managed the previous step at least three times in a row. If you hit problems, go back a few steps and practice them again.

1. Take just one Thud in your left hand. Sweeping your left hand past your tummy button, throw it in an arc to your right hand (Fig A.). As you throw , say "Throw" and as you catch, say "Catch". Do the same from right to left.

2. Now hold two Thuds, one in each hand. Make the same action as you did in the previous step, but just before you catch the airborne Thud, drop the other on the floor. Yes...just drop it.

3. Do the same as in step 2, but instead of just dropping your right Thud, throw it...anywhere. Watch the crockery. Say out loud "Throw, Throw - Catch." Note the intended rhythm. Make sure your actions are in time with your words (always a good plan).

4. Here goes, the critical step. Take a little longer over this one. It's really important to feel comfortable with it. Throw the left Thud in the away you've just learnt. Just after it begins to fall throw the right Thud in the same way. Catch the first Thud and then the second, (Fig. B) Tip: throw from the centre of your body and catch at the sides. This will cure ballistic collisions. You should be saying "Throw, Throw - Catch, Catch." Don't pass the Thud - everybody does at first. Again, feel the rhythm.

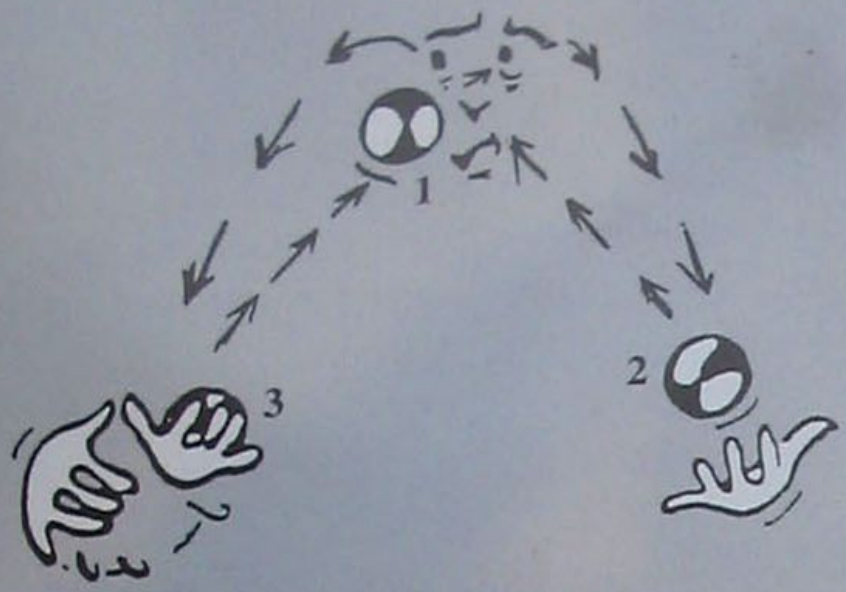


Figure C

Figure D

5. Now we're moving. Take two Thuds in your left hand and one in your right. Repeat step 4, but ignore the third Thud for the time being. When launching the first Thud, throw the one nearest to your wrist. Again say "Throw, Throw - Catch, Catch." (Fig. C).

6. Repeat step 5, but just as you make your second catch, throw the third Thud anywhere. It's a bit like step 3 in that respect.

7. This is the sexy move. Repeat the action, but instead of throwing the third Thud anywhere, throw it over to your right hand. You are very close to juggling - about five minutes in fact. (Fig D).

8. At this stage there is really nothing new to learn. Except how to keep going. Just before you catch the third Thud, throw the one already in that hand back over to the other side. Tip: keep going back a few steps if you lose the thread. Step four is the critical one. The trick now is to say "Throw, Throw, Throw, Throw..." Guess what , you're juggling!!!!!!

NOTE: *This is an eight step approach to three ball juggling where no step even resembles a two ball juggle. So follow the steps carefully and precisely.*

Trouble Shooting

Some people get the hang of juggling instantly, others take a little longer. For those of you in the latter category, consider the task to be an exercise in patience and the containment of frustration.

During the last two years we've noticed some common mistakes and have worked out some remedies...

If you are left handed start with your right hand.

Make sure your catches are at waist height. It is near impossible to do a decent throw when your hands are above your head.

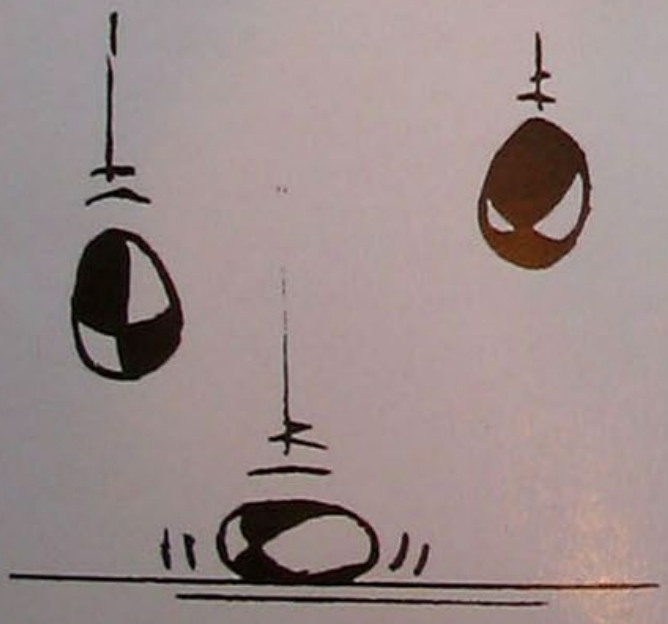
If you find yourself throwing the Thuds forward and inadvertently "joggling", juggle facing a wall (or over a cliff - joke).

Try to juggle in slow motion. The timing of the first two throws is absolutely crucial and often beginners get the Thuds out of their hands as soon as they possibly can.

Make sure that your first and second throws are of even height. If throw two is a bit pathetic try saying the second "Throw" loudly. This will help, "Throw, THROW".

If you are having difficulty getting the third Thud out of your hand concentrate on getting the first two throws even and high. Get up a rhythm of "Throw = Throw" and only when you're really comfortable with it should you try to drop the third Thud.

Don't give up. Consider it a personal challenge, Practice, Perseverance and Patience.



Once you've got the hang of the three ball cascade you'll want to learn some tricks...

Over The Top

Most people's first trick. Rather than always throwing the Thud from the centre of your body, try projecting the occasional one from the outside. Throw it high and across to your other hand so that it flies over the top of the formation.

The Dummy Elevator

A fun trick. In your right hand juggle two Thuds so that they move up and down in paths parallel to each other - like lift shafts. In your left hand hold the third Thud. Without letting go of it move it up and down. Synchronise the left Thud with the far right.

Body Parts

Any part of your body can be used for a juggling trick (some bits are cleverer than others!). We'll learn with the knee, however the principle remains the same for any bit of yourself. Throw one Thud high up in the middle. As it comes down knock it off your knee, throw another Thud high, catch the one off your knee with your free hand (the one that's just thrown) and resume normal juggling.

Rainbow Cross

Throw one Thud high up in the middle. As it starts to descend chuck the two Thuds in your hands simultaneously on an outside path so they cross in the middle of their trajectory. Catch the first Thud and immediately throw it up the middle again. Catch the two Thuds at the same time and resume the three ball cascade.

A Flash Start

Strictly for egomaniacs. Take two thuds in your left hand and one in your right. With one throw, project the two Thuds in your left hand behind your back and over your right shoulder. As they appear in front of you, throw the third Thud up between them. Catch the first two and start juggling.

Pass it on

Teaching someone else to juggle can be highly rewarding and lots of fun. Some people enjoy it as much as juggling itself...it's watching those faces light up.

Here are some helpful ideas should you want to teach others.

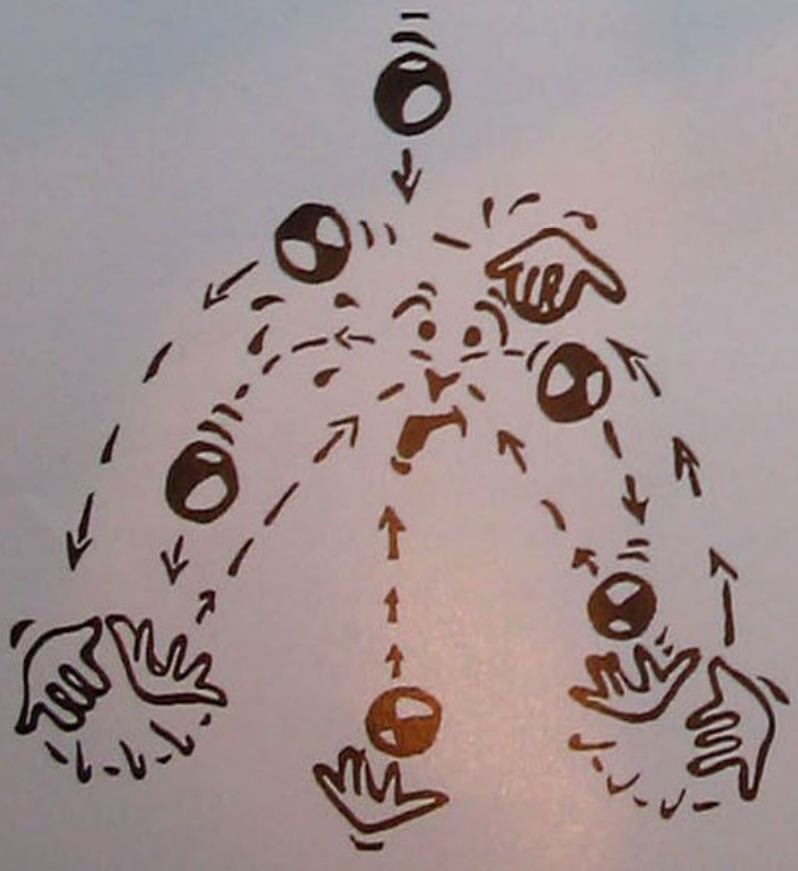
Let people come to you naturally...no one likes to be forced into anything.

Make it a fun and enjoyable experience. The natural laughter that juggling creates makes learning easy. Use bucket loads of positive encouragement. Applaud what somebody is doing right. If possible try not to criticise at all. Small mistakes tend to iron themselves out.

Use the principle of the system outlined in this booklet. The key is lots of small steps that are easy to get right. Concentrate more on the throws than the catches.

If the person you are teaching reaches a step they just can't crack, go back a few steps.

Choose your moment, make sure that you have a good clear space and plenty of time. Try not to show off too much. (This one could be difficult!).



Teaching the world to juggle

We want to encourage you to teach people. Send us a stamped addressed envelope and we will send you details of how to juggle four balls. Yes it can be done, and five balls and clubs.

You will want a fourth Thud.

To get it, send or phone us the names of three people who mailed for Thuds on account of your enthusiasm for juggling. Assuming that our records show that it is probably true, we will send you a Thud free of charge.

Or better still, send us fifteen names and we will send you a free set of Spotlight clubs (worth an arm and a leg) or a Beard Diabolo or Devil Stick **and** the fourth Thud, all for free.

We'll take offers in the region of fifty for a brand new and absurdly-difficult-to-ride unicycle.

You may have some advice or tales you would like to tell us, if so don't hesitate to write or call, we'd love to hear from you.

If you are looking for some first rate tuition, try our circus school at London Bridge or the video "The Complete Show Off" which will set you up well for a new career.

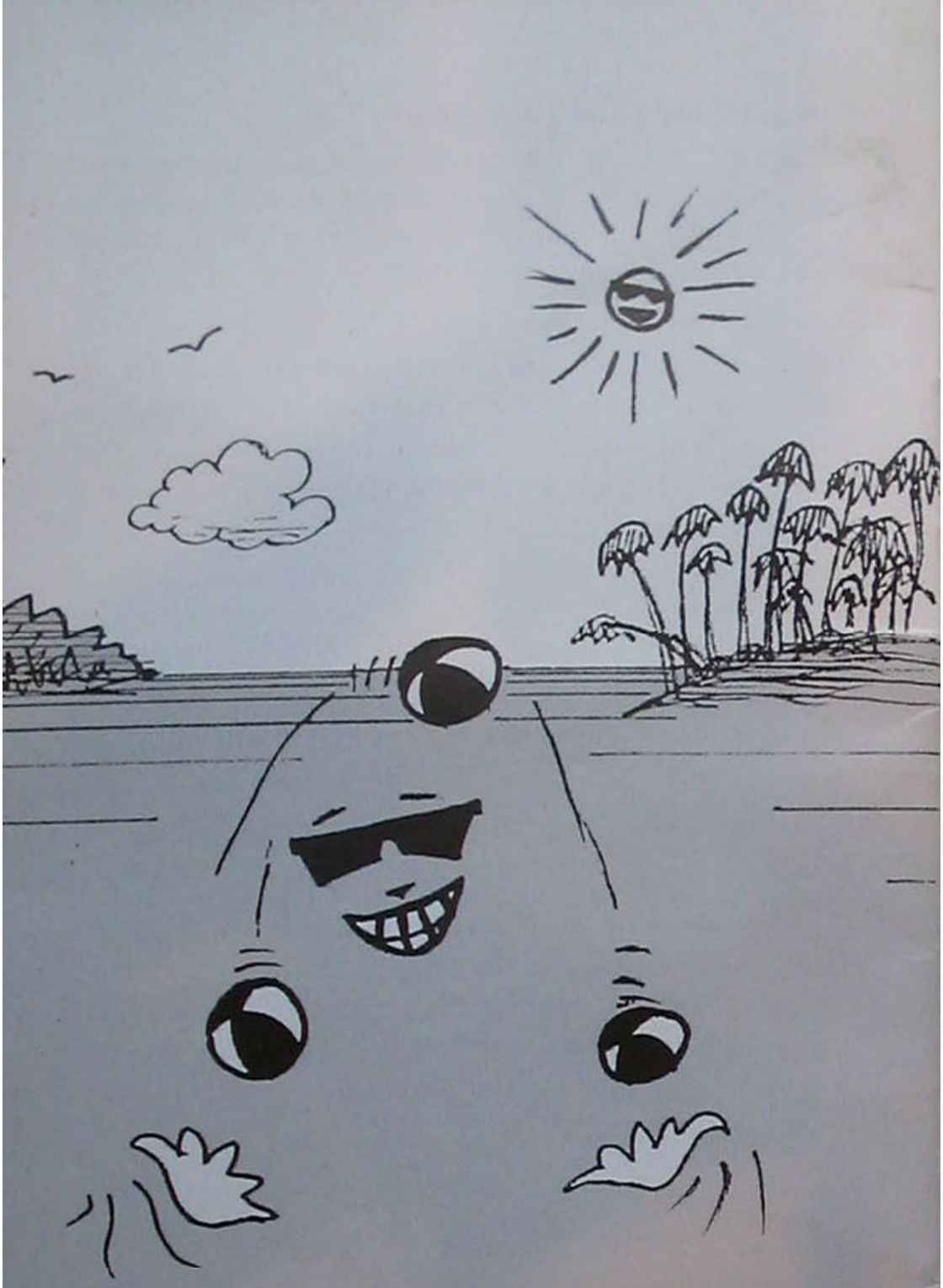


Photo Finish

We're collecting photographs of our Thuds being juggled in unusual or exotic places. The best photo every month receives an exclusive More Balls Than Most T shirt.

About

MORE BALLS THAN MOST LTD.

"Look at it this way. By most people's standards it's a crazy idea."

More Balls Than Most Ltd. was founded by three juggling businessmen in April 1990 in pursuit of the very best life has to offer.

It's business is the product of their discoveries.

"The best juggling kit on the market..."
Today Newspaper

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